

Senior Nutrition

Central District Health Department

The Meal Times

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10th Annual Culinary Walk-About A HUGE Success!!!



Chef David Knickrehm of Blue Ribbon Artisans waits for guests to arrive.

The 10th Annual Culinary Walk-About, held February 21st, "was by all accounts a huge success," according to Angela Spain, Senior Nutrition Program Manager. "I think our guests had a great time and we raised a lot of money for the Meals On Wheels program," she said.

The Culinary Walk-About allowed guests to "walk about" and enjoy delectable specialties from some of the Treasure Valley's

finest restaurants including: Arid Club; Bardenay; Berryhill & Co.; Blue Moose Café; Blue Ribbon Artisans; Boise Centre on the Grove; Bon Appetit; Chef Lou's Westside; Cucina di Paolo; Dawson Taylor Coffee; Emilio's; Goody's; Life's Kitchen; Milky Way Restaurant; Richard's of Hyde Park; Six One Six; Tapas Estrella; Tower of Chocolate; Villano's; Wild West Bakery; 43° North and 8th St. Wine Co. The cuisine ranged from appetizers, main dishes and salads to desserts and coffee.

"The event raised \$22,000 this year," said Spain. "Money was raised through ticket sales, a raffle, a silent and live auction and also the 'Sipping For Diamonds' event where individuals could purchase a glass of champagne for a chance to win a real diamond."



Chef John Berryhill of Berryhill & Co. and his staff prepare for festivities.

Meals On Wheels Board Member, Maria Minicucci invited friends who had never before attended the Culinary Walk-About and said they were extremely enthusiastic about the event. "They thought it was one of the best events they'd ever been to. The atmosphere was great, and everything ran smoothly," she said. "They all told me how much fun they had and that they'll definitely return next year."



Auctioneer Sam Mattise auctions a BSU tailgate party for 25, donated by Chef Randy King of Bon Appetit.

All proceeds from the event support the Meals On Wheels program that delivers daily, hot, nutritious meals to over 600 homebound senior citizens in Ada and Elmore counties.



SENIOR NUTRITION PROGRAM

Meals On Wheels
707 N Armstrong Pl
Boise ID 83704 • 327-7460

Angela Spain
Program Manager
327-8544

Cheryl Johnson
Comm. Meals Services Supervisor
327-8552

Norma Russell
Administrative Assistant
327-7460

Jennifer Bourff
Administrative Assistant
327-7460

DINING SITE LOCATIONS:

(Meals served at noon)

Star Senior Center
Wed & Fri
102 S. Main Street
Star, ID 83669
286-7943

Garden City Senior Center
Wed & Fri
3858 Reed
Garden City, ID 83714
336-8122

Mt. Home Senior Center
Mon, Wed, Fri
1000 N. 3rd, East
Mt. Home, ID 83647
587-4562

Glenns Ferry Senior Center
Mon, Tue, Thu
510 E. Cleveland
Glenns Ferry, ID 83623
366-2051

Boise Senior Center
Mon thru Fri
690 Robbins Rd.
Boise, ID 83702
345-9921

Kuna Senior Center
Mon, Wed, Fri
299 Avenue B
Kuna, ID 83634
922-9714

Meridian Senior Center
Mon thru Fri
133 Broadway
Meridian, ID 83642
888-5555

Samaritan Village Apts.
Mon thru Fri
3350 Collister
Boise, ID 83703
343-9504

Northgate Senior Village
Mon thru Fri
5901 Ellens Ferry Way
Boise, ID 83703
853-8448

Eagle Senior Center
Tues & Thurs
312 E. State St.
Eagle, ID 83616
939-0475

Volunteer Spotlight | David & Kerry Butler

David and Kerry Butler have been delivering Meals On Wheels once a week since the fall of 2006. They have really enjoyed getting to know each of the 6 people they deliver to and hearing their life stories. The Butlers take time to ask each person about their week, their health, and how they're doing in general.

The Butlers met at BYU and shortly after getting married moved to Tonga for 3 years where he taught band and choir. Since then they have raised 6 children, teaching them all to appreciate music. David and Kerry recently completed a mission for the LDS church. They keep very busy volunteering for their church and helping in local schools. The Butlers also enjoy attending their grandchildren's sporting events and recitals as well as other local musical events like the Boise Philharmonic Orchestra and the Nampa Musical Theatre.

Though now retired, David still helps tutor students in the music department at Sawtooth Middle School. He also enjoys being a substitute librarian at local schools. David said that he started volunteering with Meals On Wheels because his parents volunteered at the local senior center when they retired and he felt he wanted to do something for the community.

Kerry says her favorite part about volunteering is "meeting people and being able to help somebody." It's a mission she takes home with her as she also looks after her mother, helping her with grocery shopping and errands.

— By Amber Marsh, BSU Nursing Student



David & Kerry Butler

Recipient Spotlight | Beth Hendrick



Beth Hendrick

Beth Hendrick is immaculately dressed, coiffed and bedazzled with her prized costume jewelry. It looks as though she's headed out the door to teach school.

She's retired now after 20 years of teaching in Idaho. She is dressed and ready for the day and looking forward to a visit by her Meals On Wheels driver. "I absolutely love my costume jewelry and I wear it every day," she said. "I also love heels and if they weren't quite so uncomfortable, I'd be wearing them as well."

Beth started teaching in 1936 alongside her husband Clarence in a two-room schoolhouse in Stone, Idaho. He taught until he had to leave for WWII in 1943. "I'm very proud to say that I wore high heels and dresses to teach every day," she said. "In fact, I have a pair of shoes I can no longer wear, but I hold on to them because they were my favorite – they're red velvet high heels. My daughter jokingly tells me she plans to bury me with those shoes," she says with a grin.

Beth received her Bachelor's degree in Education when she was 45 and her Master's in Education at the age of 80. "I'm a strong believer in education. I believe you're never too old to finish your education," she said. In fact,

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Donations are from January to March 2007

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Culinary Walk-About Thank Yous

Participating Chefs

• 43° North - Tom Atkins • 8th Street Wine Co - Dustin Williams • Arid Club - Alvin Charlton • Bardenay - Ted Martinez • Berryhill & Co - John Berryhill • Blue Moose Café - Marcy Anderson • Blue Ribbon Artisans - David Knickrehm • Boise Centre on the Grove - Tom Atkins • Bon Appetit - Randy King • Chef Lou's Westside - Lou Aaron • Cucina di Paolo - Paul Wagner • Dawson Taylor Coffee - David Ledgerd • Emilio's at the Grove - Rick Sordahl • Goody's Soda Fountain & Candy Stores - Brett Palmateer • Life's Kitchen - Rouchelle Abrahamson • Milky Way Restaurant - Mitchell Marichich • Richard's Restaurant of Hyde Park - Fred Moffitt • Six One Six - Jared Couch • Tapas Estrella - Andrea Marichich • Tower Of Chocolate - Thelma Ankeman • Villano's Speciality Market & Deli - Lisa Villano • Wild West Bakery (Eagle) - Rachel Knickrehm

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she continued taking classes after receiving her Master's degree for an additional six years at Boise State University.

After her husband passed away, her family organized a Scholarship Fund in Agriculture through the College of Southern Idaho in Twin Falls. Beth has also started one in her name for teaching at the same college. She and her family are fully involved in choosing the people receiving the scholarships.

Beth is also an avid quilter. "I'm currently working on a crazy quilt and I embroider each square by hand before putting them all together," she said.

Beth has four children, seven grandchildren and six great grandchildren, with one more on the way. She loves to watch her grandchildren play sports and goes to all of their games.

Mayors For Meals Delivers

Six local mayors recently showed their support of the Meals On Wheels program by participating in the National "Mayors for Meals Day" March 21st. The idea behind Mayors for Meals is to raise awareness of the needs of seniors by involving hundreds of mayors from around the country in the delivery of meals in their communities. A total of 860 mayors participated in the nationwide event.

Locally, Boise Mayor David Bieter, Meridian Mayor Tammy De Weerd, Kuna Mayor Dean Obray, Garden City Mayor John Evans, Star City Mayor Nathan Mitchell, and Mountain Home Mayor Joe McNeal participated.



Meridian Mayor Tammy de Weerd delivers a hot meal and a smile to Steve Balogh.

**We would like
to thank all the
mayors that
participated.**



Boise Mayor Dave Bieter with Meals On Wheels recipient Sharon Hutchinson.

New Mealstar Truck Makes Delivering Meals Easier

Meals On Wheels has a new "set of wheels" that will aide in delivering meals to homebound seniors in Ada County. A new Mealstar HCF (hot/cold/frozen) truck was purchased in February, according to Angela Spain, Senior Nutrition Program Manager.

"The acquisition of the Mealstar delivery truck enables us to be more efficient and to expand our direct meal delivery service. The truck can hold up to 360 meals at one time. Hot and cold items can be loaded into their respective compartments thus eliminating the need for loading and unloading ice chests like we do with our other vehicles," said Spain.

Money used to purchase the truck came primarily from fundraising efforts and a direct mail piece sent to donors in November. "We received a phenomenal number of monetary donations from the community allowing us to purchase the \$32,000 vehicle," Spain said. "On behalf of the Meals On Wheels staff and our clients, I would personally like to thank everyone who made a donation for this purchase," she said.

Meals On Wheels of Ada and Elmore Counties started in 1974 serving approximately 100 meals a day. Today it has grown to serving more than 130,000 meals per year to over 600 elderly clients who are homebound and, for the most part, cannot cook for themselves.



Bike, Eat and Help Meals On Wheels

2007 Tour De Boise Bike Tour - Sunday, July 8th

This year Meals On Wheels will be the recipient of the proceeds from the Third Annual Tour De Boise Bike Tour hosted by Boise Co-op and sponsored by Wachovia Securities.

The event will be held Sunday, July 8th and will feature two courses – a 15-mile course and a 30-mile course. The cost per rider is \$40 and includes a French luncheon, wine tasting, and a Tour De Boise T-shirt.

The ride is open to the first 1000 riders only, so get your applications in early. Applications are available now at the Boise Co-op Service Desk or on the following website: www.boisecoop.com. For more information, please email Jodi Peterson at the Boise Co-Op at jodi@boisecoop.com.

The Tour De Boise also needs volunteers to work the day of the event. If you'd like to volunteer please call Meals On Wheels at 327-8552.

